

Abstract

The claimed functional foods and specialized foods each contain a physiologically compatible phospholipid-containing stable matrix consisting of a supporting material and a bioactive component, the phospholipid component being in particular phosphatidyl serine, phosphatidyl choline and similar compounds, lyso variants and/or derivatives thereof. Liquid, solid and semiliquid forms of administration are preferred as the functional foods; food for tube feeding is regarded as preferred among the specialized foods. The matrix used for this should preferably have liquid contents and in particular have a diameter between 0.1 μm and 5.0 mm. It is also preferred when the matrix develops a delayed release after its ingestion with the respective foods which should preferably take place in the gastro-intestinal tract.